

Your Name: _____

Date: _____



Discover Your Dosha

The chart below lists general characteristics of each *dosha*, or constitution (also called *prakriti*). While everyone has qualities reflecting each dosha, one or sometimes two will usually predominate for each person.

Check off the description from each column below that most closely resembles you, then add up how many traits you selected from each column. The column with the highest score will determine your primary dosha.

Body Frame	Thin, undeveloped, very short or very tall	Medium, proportionate, toned	Heavy, broad, solid
Weight	Hard to gain / easy to lose	Easy to gain / easy to lose	Easy to gain / hard to lose
Skin	Cold, dry, dark, tans easily	Warm, light & reddish, moist, burns easily	Cool, fair & oily, thick, tans easily
Hair	Dry, frizzy, thin, dark	Straight, fine, reddish, premature balding/graying	Oily, wavy, thick, black or brown
Eyes	Brown, gray, violet or unusual color, small	Green, hazel, light brown, almond-shaped	Black, blue, dark brown, large
Nails	Dry, grayish, ridged	Clear, well-formed, pliable	Square, white, even
Appetite	Irregular, scanty	Good, strong, intense	Constant, low, slow
Evacuation	Constipated, irregular, small quantity	Loose, regular/often, large quantity	Slow, regular, moderate quantity
Sweat	Scanty	Profuse	Consistent
Stamina	Poor	Moderate	Excellent
Sleep	Poor, variable	Moderate, light	Long, deep
Spirituality	Changeable, rebel	Determined, leader	Steady, conservative
Sexual Nature	Variable, strong desire but low energy	Moderate, passionate, dominating	Warm, constant, devoted
Disease Tendency	Weak immunity; nervous system, pain, arthritis, mental disorders	Average immunity; infection, fever, inflammation	Strong immunity; congestion, respiratory, lifestyle-acquired
Temperament	Fearful, indecisive, nervous, perceptive, adaptable, active, quick	Angry, intelligent, arrogant, successful, irritable, penetrating, driven	Greedy, calm, stable, stubborn, attached, content, sentimental, slow
Memory	Learn quickly / forget quickly	Learn quickly / forget slowly	Learn slowly / forget slowly
Speech	Fast, talkative, erratic	Decisive, articulate	Slow, cautious, spare
Dreams	Flying, restless, fearful	Colorful, intense, violent	Watery, romantic, long

_____ VATA

_____ PITTA

_____ KAPHA

Describe your issue, concern or condition here: _____
